

**EVERGREEN PERINATAL EDUCATION
And
SWAG Conferences
Present**

**Evergreen Perinatal Education's
Professional Education in Breastfeeding and Lactation
(Includes Lactation Educator Certificate)
A 5-Day Course**

**April 27-May 1, 2009
Sacred Heart Medical Center and Children's Hospital
Spokane, WA**

COURSE DESCRIPTION

This in-depth course enables participants to provide accurate, current and consistent information about breastfeeding and lactation and support expectant new families in feeding their babies from birth through the process of weaning. Each participant will be given the knowledge to work with other healthcare providers to ensure continuity of care for the breastfeeding mother and her infant(s). All areas of the International Board of Lactation Consultant Examiners exam grid are included, and the course content is based on current scientific research as it applies to "best practice" issues in the clinical setting.

Please note: The Lactation Educator Training is no longer optional. All participants will complete the entire course. Full attendance is required. No partial credit will be given.

FACULTY

Molly Pessl, BSN, IBCLC Director Evergreen Perinatal Education

Molly has spent most of her career with a focus on family centered maternity care. She worked at Evergreen Hospital Medical Center from 1985-2003, following 5 years as a health educator, clinician and lactation consultant for a hospital-based nurse-midwifery service. While at Evergreen Hospital, she developed comprehensive parent and professional education programs, the regional breastfeeding center, a postpartum clinic and Baby-Parent Groups. This led to the first US designation of "Baby Friendly" by UNICEF and the World Health Organization. Molly is currently the director of Evergreen Perinatal Education, a consulting and education program for professionals. She has served on the International Board of Lactation Consultant Examiners and is a past president of that board. She is a registered nurse, childbirth educator and an International Board Certified Lactation Consultant.

COURSE WORK

Each participant will:

- Practice taking a multiple choice exam in lactation
- Present and learn from written projects and oral case studies
- Receive a certificate of completion at conclusion of course

ALL REQUIREMENTS ARE FINISHED BY THE LAST DAY OF THE COURSE WHEN THE CERTIFICATES ARE AWARDED. NO ASSIGNMENTS ARE DUE IN THE FUTURE.

WHO SHOULD ATTEND?

- Individuals preparing to become a board certified lactation consultant
- IBCLCs requiring CERPS or exam preparation for re-certification
- Maternity or pediatric nurses
- Obstetricians, pediatricians or family medicine physicians
- Midwives
- Childbirth educators
- Doulas
- WIC clinic staff members
- Perinatal educators
- Social workers
- Early Head Start staff
- La Leche League leaders
- Nursing Mother's Counselors
- Public health nurses or staff
- Occupational or respiratory therapists
- Registered dieticians

PROGRAM and OBJECTIVES

DAY ONE

Introductions and overview of course
Commitment to Breastfeeding
External & Internal Anatomy of the Breast
Getting Breastfeeding Started
Care that makes sense for good breastfeeding outcomes
Positioning and latching babies at the breast
Early Breastfeeding Expectations
The Science Behind Milk Production

At the end of this session you are able to:

1. List two ways to provide effective breastfeeding promotion.
2. Describe two things to look for in a prenatal breastfeeding risk assessment.
3. Describe in simple terms the internal structures of the breast.
4. List two birthing routines that may influence breastfeeding success.
5. Discuss the rationale of skin to skin care for mother and baby
6. Describe the basic elements of correct positioning and latch.
7. Discuss early breastfeeding patterns of term newborns.
8. Describe to a mother how her breasts make milk.
9. Describe the primary effects of prolactin and oxytocin on milk production

DAY TWO

Questions and Answers on Initials, Titles, Credentials, Certification
The Wonders of Human Milk
World-wide Influence of Formula Marketing
Near Term/Late Preterm
Early Clinical Challenges in Breastfeeding
Communicating Effectively With New Mothers

At the end of this session you are able to:

- 10.** Discuss the importance of professional certification.
- 11.** List three benefits of human milk for human infants
- 12.** List two possible consequences of supplementing babies with breastmilk substitutes.
- 13.** List two marketing tactics used by the commercial baby food industries.
- 14.** Identify the special needs of babies born at 34-38 weeks gestation.
- 15.** Describe the process for evaluating a baby who is having difficulty with latch and positioning.
- 16.** Explain causes, symptoms and treatments for two breast conditions (Sore nipples, engorgement) encountered by breastfeeding mothers.
- 17.** List two key points for effective communication with the BF mother.

DAY THREE

Maternal Nutrition & Breastfeeding
After the First Three Days
Tools and Techniques of the Trade
Insufficient Milk - Intake and/or Supply

At the end of this session you are able to:

- 18.** List two important things that parents should assess about their baby in the first week post partum.
- 19.** Discuss the qualities of a good breast pump.
- 20.** Discuss 3 practical tips about the use of feeding devices.
- 21.** List at least three possible causes of poor maternal milk production.
- 22.** List at least three possible causes of inadequate intake in exclusively breastfed infants.
- 23.** Provide helpful information regarding maternal nutrition

DAY FOUR

Hyperbilirubinemia
Liability with Infant Feeding
Normal Breastfeeding Patterns and Predictable Hurdles from Three to Six Months
On-going Breastfeeding Challenges
Breastfeeding Multiples
Breastfeeding the Premature
Breastfeeding & Families
Postpartum adaptation, mood disorders, depression and breastfeeding

At the end of this session you are able to:

24. Explain how ineffective breastfeeding can lead to hyperbilirubinemia.
25. Discuss legal considerations when assisting breastfeeding families.
26. Identify developmental milestones for infants three to six months of age.
27. List one cultural message about infant sleep that makes parenting more complicated and difficult.
28. Discuss treatments for inflammatory problems (Yeast, mastitis, plugged ducts) of the breast.
29. Discuss helpful approaches in positioning multiple babies for breastfeeding.
30. Describe one thing to enhance breastfeeding success for the mother of a premature infant.
31. Provide three suggestions for increasing a mother's milk supply.
32. Discuss the potential impact of breastfeeding on family relationships.
33. Identify characteristics in postpartum women that suggest this time is one of grief as well as joy.

DAY FIVE

Medications and Breastfeeding
Breastfeeding and Working Outside the Home
Unfinished Questions
Does it all make a difference?
Breastfeeding after Six Months
Evaluation of Course

At the end of this session you are able to:

34. Name one resource for answering questions about drugs during lactation.
35. Describe some of the challenges of breastfeeding and working outside the home.
36. Identify unanswered questions about human lactation and breastfeeding.
37. Discuss the research that demonstrates breastfeeding success when hospitals implement the Ten Steps to Successful Breastfeeding.
38. Identify typical developmental milestones of infants beyond the first six months.
39. Suggest helpful ways for families to start feeding babies solid foods after exclusive breastfeeding.
40. Discuss support for women who breastfeed past the cultural norm.

REGISTRATION Seats are limited. The registration fee includes the 5-day course including the Lactation Educator training, continental breakfast, lunch, breaks and continuing education credits.

EDUCATION CREDITS

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| International Board of Lactation Consultant Examiners | 46 CERPs (44 L & 2 E) |
| Commission on Dietetic Registration | 46 CPE hours, Category II |
| California Board of Registered Nursing Provider #14127 | 46 hours |

PROGRAM

| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|-----------|-----------|-----------|-----------|-----------|
| Registration/Sign-in | 7:30-8:00 | 8:30 | 7:45-8:00 | 7:45-8:00 | 7:15-7:30 |
| Program | 8:00-5:00 | 8:30-7:00 | 8:00-6:30 | 8:00-5:00 | 7:30-5:00 |

LOCATION Sacred Heart Medical Center and Children's Hospital has graciously provided the room and AV equipment. This program represents the views of the presenters and is not necessarily the view of Sacred Heart Medical Center and Children's Hospital.

WALK-INS There will be **NO** registration at the door. You may call after April 17 to inquire about available space.

REFUNDS Requests for refunds must be in writing and postmarked no later than **April 1, 2009**. A \$100.00 administration fee will be retained on all cancellations.

NON-SUFFICIENT FUNDS A \$50 fee will be charged for checks returned from the bank for non-sufficient funds.

CERTIFICATES Certificates will be handed to all participants at the end of the course. There is a \$30 fee for replacement certificates.

AGENCY SPONSORSHIP All attendees will be held primarily responsible for payment of all registration fees. If your workplace or other agency will be paying your registration fee, it is important for you to register as soon as possible with a note to Sue Wirth telling her that the payment will follow. Payment is expected by the end of the course in order to receive the certificate of completion.

CONTACT Sue Wirth SWAGconferences@aol.com 510-524-6917

DIRECTIONS and PARKING <http://www.shmc.org/index.php/page/250> Parking is \$3 per day.

Registration Form**Please Print Clearly**

Name and Credentials (as you wish it to appear on your name badge)

Home Address

City**State****Zip**

Phone (home)**Phone (work)**

Email(s)

Institution/Agency***Registration Fees*****Five-day Course (*postmarked by February 28*)****\$775 (____)****Five-day Course (*postmarked by April 17*)****\$825 (____)****Checks** **Make checks payable to Sue Wirth****Credit Cards** **VISA MC Discover American Express****Expiration Date****Credit Card Number** _____

Signature _____**Date** _____***Lunch Choices*****Meat** _____**Vegetarian** _____**Special Needs** _____

- **Send registration form to Sue Wirth, 908 Curtis Street, Albany, CA 94706**
- **Registrations must be postmarked by April 17, 2009.**
- **Please provide a clearly legible email address for registration confirmation and important course information.**

AREA HOTEL

The Madison Inn

15 W. Rockwood Blvd, Spokane, WA 99204
509-474-4200

(Located across the street from Sacred Heart Hospital)

There are limited rooms available at the **MEDICAL CORPORATE RATE**